



# WHAT'S HAPPENING in the *Virtual Community*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<ul style="list-style-type: none"> <li>■ Guo Pei: Couture Fantasy Presented by Well Connected <b>2pm</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Mindful Meditation With Carl <b>4pm</b></li> </ul>	<ul style="list-style-type: none"> <li>■ An Introduction to Ableism Presented by Well Connected <b>4pm</b></li> </ul>	
5	<ul style="list-style-type: none"> <li>■ Creative Writing <b>10am</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Nutrition Boosters and Busters for Longevity - Presented by BCBS MA <b>2pm</b></li> <li>■ Selecting a Home Meal Delivery Option That's Right for you - Presented by Well Connected <b>2pm</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Dementia Friends Presented by AARP <b>12pm</b></li> <li>■ Nari Ward: We the People Presented by Well Connected <b>2pm</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Mindful Meditation With Carl <b>4pm</b></li> <li>■ Lesbian Life in Boston: 1910-1920 <b>7pm</b></li> <li>■ Dementia Friends Presented by AARP <b>12pm</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Reframing Aging: Telling a More Complete Story about Aging Presented by Well Connected <b>4pm</b></li> </ul>	11
12	<ul style="list-style-type: none"> <li>■ Creative Writing <b>10am</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Toxic Family Relationships: The Possibility of Moving On Presented by Well Connected <b>2pm</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Tikkun: For the Cosmos, The Community, and ourselves Presented by Well Connected <b>2pm</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Mindful Meditation With Carl <b>4pm</b></li> <li>■ Understanding Alzheimer's and Dementia: Ask the Expert Featuring Dr. Olivia Okereke <b>6pm</b></li> <li>■ Genealogy: Researching Adopted Ancestors <b>6pm</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Meals Delivered Presented by Well Connected <b>4pm</b></li> </ul>	18
19	<ul style="list-style-type: none"> <li>■ Creative Writing <b>10am</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Understanding Dementia and Improving Communication Presented by Well Connected <b>2pm</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Pride, Prejudice and Pandemic: Lessons from the Present about the Future of Aging in America <b>2pm</b></li> <li>■ Yoga Chair Stretches and Guided Relaxation - Presented by BCBS MA <b>10am*</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Mindful Meditation With Carl <b>4pm</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Avoid Online Scams Presented by Well Connected <b>4pm</b></li> </ul>	25
26	<ul style="list-style-type: none"> <li>■ Creative Writing <b>10am</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Dementia Champion Training - Presented by AARP <b>12pm</b></li> <li>■ Understanding Dementia and Improving Communication Presented by Well Connected <b>2pm</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Beeyonder Tour - Ipanema, Brazil <b>1:30pm</b></li> <li>■ African American First Presented by Well Connected <b>2pm</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Mindful Meditation With Carl <b>4pm</b></li> </ul>		
					<p>*BCBS events are virtual events being shown at the center.</p>	